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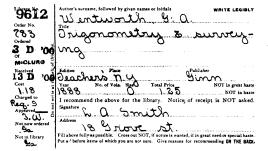
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### Home Economics

### Alice Peloubet Norton

### Pedagogic School

The work of the first quarter has been devoted to obtaining a general view of the food question, and gaining familiarity with the different food principles. The next quarter will be given to a study of

special foods and foodstuffs. The topics discussed will be the composition and food value, the cost, digestibility, and cookery of each food material. Different methods of preservation of food, and the common adulterations, with simple tests, will be

touched upon. Some work in dietetics will be given, and toward the end of the quarter methods of teaching cookery, with the subject-matter to be presented, will be discussed. During the quarter different members of the class will be asked to report on certain assigned topics.

The foods which will be studied in January are milk, cheese, butter, eggs, and meat.

References: U. S. Farmers' Bulletins: Food, Nutritive Value and Cost, No. 23; Souring of Milk, No. 29; Meats, Composition and Cooking, No. 34; Fact about Milk, No. 57; Milk as Food, No. 74; Richards' Food Materials and Their Adulterations.

# Cooking in the Primary Grades

Flora J. Cooke

On account of the necessary delay in securing a properly equipped room for the simple cooking of the primary children, it has been impossible to carry out the work as outlined for this department in the Course of Study for October, November, and December. The children have planned, made their cook books, entered their accounts and recipes in them up to date, and made a fair beginning in each phase of the work. To take up the study of a new food in January, however, would be to leave the children needlessly unsatisfied, and many of the problems which they have been working upon unsolved. For instance, they brought to school the best cooking apples that the market offered, and by cooking each in the same amount of sugar and water, they tried to decide which was really the best. This and many other questions equally interesting to them they were unable to settle during this month.

We shall, therefore, continue the work upon fruits, cereals, and sugar through January, allowing the children to discover all they can from their own standpoint under the motive of trying to serve some simple food in the best possible way to their guests at luncheon. The teacher's effort will be to direct the efforts and provide the best possible conditions for the independent work of the children.

Number: Incidentally, in the work already done, the following units of measurement have been functioned through their use: Pound, half-pound, quarter-pound, quart, pint, gill, one-half cup, one-quarter cup; eight tablespoonfuls of thin liquid equal to half-cup. Each normal child is required to do all his necessary measuring and weighing so that his results are the natural outcome of his judgment and accuracy in measurement. His own criticism of his product is the only stimulus necessary to careful work.

The recipes used during this month will be given in the next number of the COURSE OF STUDY.

## Mathematics

## George W. Myers

#### Pedagogic School

The work of the Pedagogic School will be directed toward the teaching of the continent of North America. This will be done through the aid of the following: Exercises: 1. Estimate the length, breadth, and area of the Institute playground.

- 2. Measure and determine its length, breadth, and area.
  - 3. Range out and establish an east and west